## Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

## **Listing of Claims:**

1. (previously presented) A nutritional supplement for lowering cholesterol and triglyceride levels in the blood stream of a subject, said nutritional supplement comprising: a sterol ester of an omega-3 fatty acid, wherein said omega-3 fatty acid is selected from the group consisting of eicosapentaenoic acid 20:5ω3 (EPA), docosahexaenoic acid 22:6ω3 (DHA) and stearidonic acid 18:4ω3 (SA).

Claims 2-4 (cancelled)

- 5. (previously presented) The nutritional supplement according to claim 1, wherein the omega-3 fatty acid is eicosapentaenoic acid 20:5ω3 (EPA).
- 6. (previously presented) The nutritional supplement according to claim 1, wherein the omega-3 fatty acid is docosahexaenoic acid 22:6ω3 (DHA).
- 7. (previously presented) The nutritional supplement according to claim 1, wherein the sterol is stigmasterol.
- 8. (previously presented) The nutritional supplement according to claim 1, wherein the sterol is sitosterol.
- 9. (previously presented) The nutritional supplement according to claim 1, wherein the sterol is fucosterol.
- 10. (previously presented) The nutritional supplement according to claim 1, wherein the sterol is fucostanol.

11. (previously presented)

The nutritional supplement according to claim 1, wherein

the sterol is  $\beta$ -sitostanol.

Claims 12-33 (cancelled)

34. (previously presented) The nutritional supplement according to claim 1, comprising a sterol ester of eicosapentaenoic acid  $20:5\omega 3$  (EPA) and a sterol ester of docosahexaenoic acid  $22:6\omega 3$  (DHA).

Claims 35-38 (cancelled)

39. (previously presented)

The nutritional supplement of claim 1, wherein the sterol is

where the dashed line is a single or double bond and R is a  $(C_1-C_{10})$  alkyl, substituted  $(C_1-C_{10})$  alkyl,  $(C_2-C_{10})$  alkenyl group or substituted  $(C_2-C_{10})$  alkenyl group.

40. (new) The nutritional supplement according to claim 1, wherein the sterol is a phytosterol.